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# A Safe Walk In Maine: The First Step Is To Think!

Maine Department of Transportation

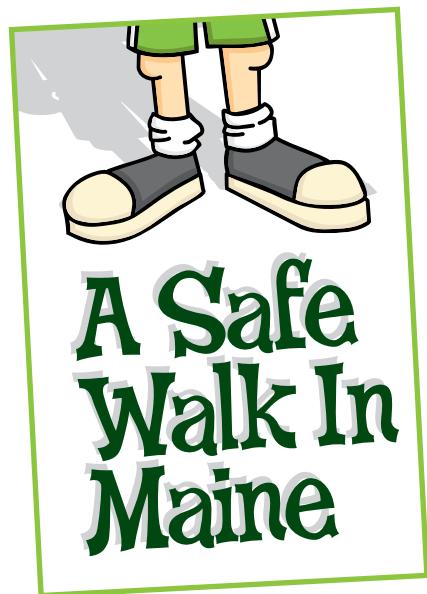
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U.S. Department of Transportation  
Federal Highway Administration



**The First Step  
Is To Think!**



# Watch your step!

## Building Vital Communities Step by Step

Whether walking to get the mail, walking kids to the bus stop, walking from the parking garage to the office, walking the dog, or walking to the store, we are all pedestrians almost every day.

Some people walk for recreation, to save money, or to reduce pollution. Others walk because they do not or cannot drive. This includes our children and many of our elderly. It's important for communities to recognize this and to give people the opportunity to walk.

Walking promotes healthy living and vibrant communities.

Pedestrian-friendly communities are magnets for tourism and economic development. They reap the rewards of increased retail sales, enhanced safety, reduced noise and air pollution, less congestion, and less wear and tear on roads.

Not to mention people are happier and healthier.

Perhaps it's time to make walking a more regular, routine part of our lives — and our children's lives. Here are just a few steps Maine communities can take to encourage people of all ages and abilities to walk more:

- Improve crosswalks.
- Put in new sidewalks.
- Create and mark walking routes that are easily accessible and well lit.
- Link points of interest with a walking path.
- Consider traffic calming measures in popular pedestrian areas.
- Identify local buildings for indoor walking.

**Walk safe. Live well. Build community.**

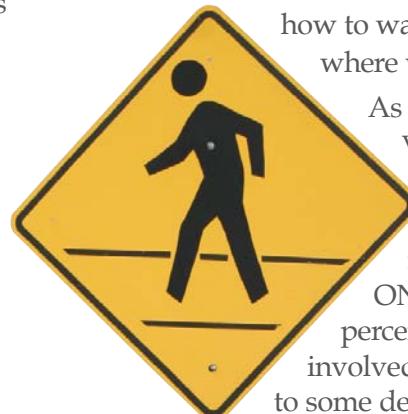
## Watch Your Step!

Everyone is a pedestrian at some time or another. We all need to know exactly how to walk carefully so we get to where we're going safely.

As pedestrians, we are vulnerable.

On average, a pedestrian is hit by a motor vehicle in Maine **ONCE A DAY**. Ninety percent of pedestrians involved in a crash are injured to some degree.

Here are some simple ways to help ensure we all have a safe walk:



- Be seen. Dress brightly.
- At night, wear reflective gear and carry a good flashlight.
- Always walk on the sidewalk; if there is no sidewalk, walk against traffic.
- Use a crosswalk, if available.
- Walk defensively.
- Don't be distracted.
- Watch out for cars. Motorist distractions are a primary cause of pedestrian crashes.

Accidents involving pedestrians occur throughout the year and significantly increase at night. So it's important to walk safely all of the time.

## Put Your Best Foot Forward.

Walking is a great way to go places in life. Be sure you're always careful and cautious when you go for **"a safe walk in Maine."**